

Media, PA – Congressman Joe Sestak (PA-07) participated in recognizing a long-time member of Media VFW Post 3460, Ken Barlow, who served in the Army during the Korean War. Post members dedicated the hall to Barlow, who before passing away last year was an active member of the Post, serving in the honor guard, participating in parades and holiday and civic functions, and providing military funeral honors.

“I was honored to take part in the remembrance a great American and a member of the greatest brotherhood and sisterhood, that of the men and women who have put nation before self to defend the values upon which our nation was founded,” said Congressman Sestak. “The tremendous support for this event and the impressive renovations done to this hall are a fitting tribute to Ken, who clearly defined his life by the values of public and community service instilled by the military.”

Ken enjoyed his community and served in a variety of capacities, from coaching little league and serving in leadership positions with the Boy Scouts of America to volunteering with the Multiple Sclerosis Society. In addition, he collected donated clothing to bring veterans in the VA Hospital and supplies to be sent to the troops in Iraq and Afghanistan, and most recently lead the Post’s effort in Project Remembrance, which resulted in a beautiful Veterans memorial. The hall dedication also occurred soon after the completion of improvements to the hall, including a repainting, new floors, and redecoration.

“I also congratulate Carl Galantino, the first recipient of the prestigious Ken Barlow Award for community service,” said Congressman Sestak. “It is appropriate that Ken’s legacy will live on through such an award and I have no doubt that there will continue to be many post members qualified for this prize for their selfless acts of kindness done to improve the lives of those in their immediate communities and throughout the world.”

*Born and raised in Delaware County, former 3-star Admiral Joe Sestak served in the Navy for 31 years and now serves as the Representative from the 7th District of Pennsylvania. He led a series of operational commands at sea, including Commander of an aircraft carrier battle group of 30 U.S. and allied ships with over 15,000 sailors and 100 aircraft that conducted operations in Afghanistan and Iraq. After 9/11, Joe was the first Director of "Deep Blue," the Navy's anti-terrorism unit that established strategic and operations policies for the "Global War on Terrorism." He served as President Clinton's Director for Defense Policy at the National Security Council in the White House, and holds a Ph.D. in Political Economy and Government from Harvard University. According to the office of the House Historian, Joe is the highest-ranking former military officer ever elected to the U.S. Congress.*

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